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Tuesday, October 10, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

FLASH FUN

Grant Gustin on making 'The Flash' fun again. 12-13

Kim Kardashian has body dysmorphia. 11

String Theory Schools offer space for startups. 14-15

FLIPPING THE SCRIPT

Can the Eagles buck a recent trend and stick to their winning ways when the schedule gets tough? 17

GETTY IMAGES

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WELCOME TO METRO PHILLY

EVAN MACY, SPORTS EDITOR

Joel Embiid has been slow to get up to full speed this offseason, but it is reported that he is starting to play some ever-elusive five-on-five in practice with his Sixers' teammates. That paired with the timing of his deal, just a few weeks before the NBA season kicks off in Washington on Oct. 18, is a reassuring sign for anyone concerned. Philly is taking a huge bet on the health of Embiid, but if he is able to play even half of the regular season games, paired with a healthy supporting cast, the Sixers could be a playoff team sooner than many people think. **metrophilly.us**

TRUMP'S POPULARITY IS DOWN IN RURAL AMERICA

1 According to the Reuters/Ipsos daily tracking poll, the Republican president's popularity is eroding in small towns and rural communities where 15 percent of the country's population lives. The poll of more than 15,000 adults in "non-metro" areas shows that they are now as likely to disapprove of Trump as they are to approve of him. In September, 47 percent of people in non-metro areas approved of Trump while 47 percent disapproved. That is down from Trump's first four weeks in office, when 55 percent said they approved of the president while 39 percent disapproved. The poll found that Trump has lost support in rural areas among men, whites and people who never went to college. He lost support with rural Republicans and rural voters who supported him on Election Day.

MICHIGAN TO CHARGE TOP MEDICAL OFFICIAL

2 Michigan's top medical official will be charged with involuntary manslaughter for her role in the city of Flint's water crisis, which was linked to an outbreak of Legionnaires' disease that caused at least 12 deaths, state prosecutors said. Dr. Eden Wells, the state's chief medical executive who already faced lesser charges, would become the sixth current or former official to face involuntary manslaughter charges in connection with the crisis. The state intends to add involuntary manslaughter and misconduct in office to the other charges of obstruction of justice and lying to police that Wells already faces, a spokeswoman for Michigan Attorney General Bill Schuette said. Jerold Lax, an attorney for Wells, said he first learned of the proposed additional charges at a pretrial hearing on Monday.

5 THINGS YOU NEED TO KNOW

SIXERS GIVE EMBIID MAX CONTRACT EXTENSION

3 Worried about Joel Embiid's health? The Sixers may have just given fans reason to sign in relief. ESPN's Adrian Wojnarowski announced Monday that the team agreed to pay the center some big bucks — $148 million to be exact — over five seasons in a max rookie contract extension. The deal signifies that the team has no long-term doubts about the health of the second-year player, who sat out two entire seasons after getting mutiple foot surgeries, and was pulled from the active roster last year before getting knee surgery.

GETTY IMAGES

BRITAIN, EU CLASH OVER NEXT BREXIT MOVE

4 Britain and its EU partners clashed over which side should make the next move to unblock Brexit talks, despite concerns they will miss a deadline for a divorce deal and that London is heading for a departure. Prime Minister Theresa May made clear in a speech she delivered to parliament that she hoped her EU partners would make proposals at a round of talks opening the way to the next stage of negotiations, saying "the ball is in their court". But even before she had delivered her address, an EU spokesman hit back in Brussels, saying "the ball is entirely in the U.K. court for the rest to happen." May is desperate to try to regain some of her authority and refocus on talks to unravel 40 years of union after a speech at her party conference last week, marred by a repetitive cough, a prankster and a stage malfunction, left her weaker than ever.

GOOGLE UNCOVERED RUSSIA-BACKED ADS

5 Google has discovered Russian operatives spent tens of thousands of dollars on ads on its YouTube, Gmail and Google Search products in an effort to meddle in the 2016 U.S. presidential election, a person briefed on the company's probe told Reuters. The ads do not appear to be from the same Kremlin-affiliated entity that bought ads on Facebook Inc., but may indicate a broader Russian online disinformation effort, according to the source, who was not authorized to discuss details of Google's confidential investigation. The revelation is likely to fuel further scrutiny of the role that Silicon Valley technology giants may have unwittingly played during last year's election. U.S. intelligence agencies have concluded that Moscow's goal was to help elect Donald Trump.

POLL

50%

According to the Pew Research Center, nearly 50 percent of the approximately 11 million undocumented immigrants living in the U.S. last year resided in three states: California, with 2.35 million; Texas, with 1.65 million; and Florida, with 850,000.

Source: Pew Research Center

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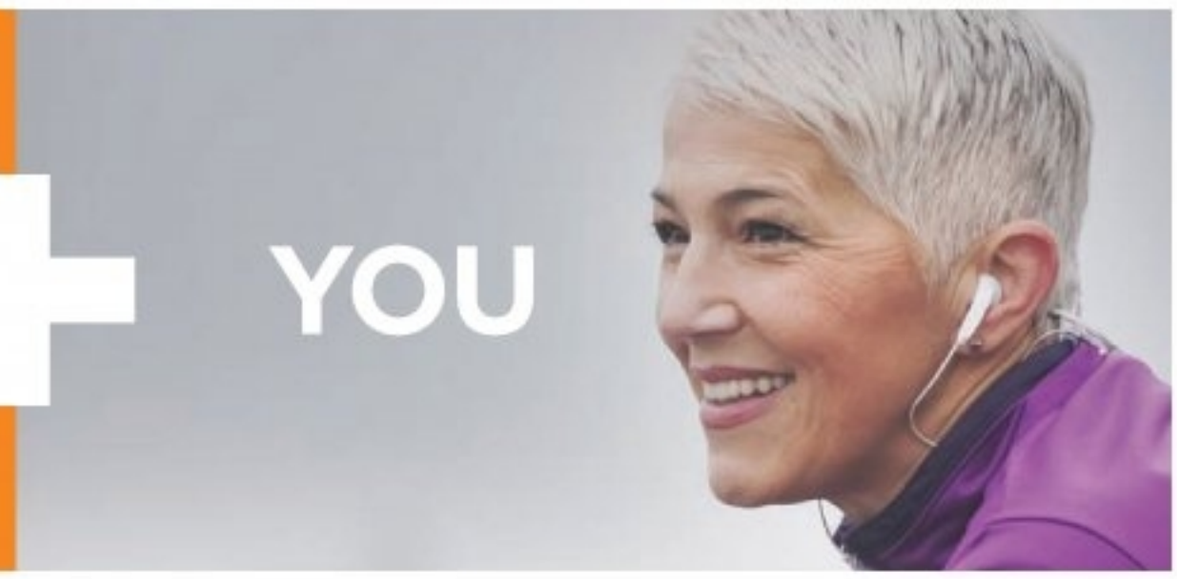

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The Workers World Party – Philly Chapter PROVIDED

Philly socialists accuse prisons of censorship

Socialist magazine says penitentiary blocked delivery.

SAM NEWHOUSE
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A Philadelphia socialist group is questioning how their magazine was denied entry into a state prison over language regarding "white supremacy."

The Pennsylvania Department of Corrections (DOC) has apologized for a letter that stated that an August 2017 issue of Worker's World newspaper was being "denied to all inmates" due to "articles that call for people to join the fight against white supremacy."

The DOC said in a letter released to media that the publication was only denied to one inmate, and the denial was "based on language in an article about white supremacy that was interpreted as a literal call to violence rather than an ideological statement."

Members of Philly-area socialists' chapters were skeptical of the new explanation.

"It is difficult to fathom how a statement that advocates opposing white supremacy can be interpreted as promotion of violence, particularly given that the overwhelming violence in our society, now and historically, here and abroad, is and has been fueled by notions of white supremacy," members of the Philadelphia Chapter of the Workers World Party said in a statement. "When viewed through the lens of history and current reality, a call to fight white supremacy is thus a demand for universal human dignity, to call for unification of people of conscience to move collectively toward justice and an equilibrium that values the lives of the black, brown and poor as much as it does the white and rich."

Workers World has had issues refused by the prisons before, including one that advocated for a May 1 general strike.

They appealed the censorship, demanding that issues be released or inmates be compensated $50 per confiscated issue. They also got the attention of other media outlets due to the original rejection letter, of which "many expressed initial disbeliefs that the DOC would be so blatant in their support for white supremacy until the DOC confirmed the authenticity of the letter," WW said.

The DOC said that letter was a "poorly written reason for denial" when they issued a response to the controversy to the Washington Post.

"The reason for the denial was grossly inaccurate," they said. "The Department of Corrections does not tolerate racism in any form and supports policies of equality. … The reason had nothing to do with white supremacy other than what was interpreted as a call for a potential violent act."

Workers World is not currently banned in state prisons and can be mailed to inmates, the DOC said.

"The reason for the denial was grossly inaccurate. … The Department of Corrections does not tolerate racism in any form and supports policies of equality …"

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Joanne Harmelin paved the way for female CEOs

CEO of Bala Cynywd-based Harmelin Media discusses her vision of business growth.

CASSIE HEPLER
@MetroPhilly
letters@metro.us

Much like Apple pioneer Steve Jobs, what started out of someone's home has turned into a legit forward-thinking media company. Except Joanne Harmelin began hers in the '80s, when women weren't running much of anything. Now Harmelin Media has grown into a media-buying company that does strategic planning, negotiating and buying of all types of media. As an extension of their digital media services, they have developed teams that focus on business intelligence and software development.

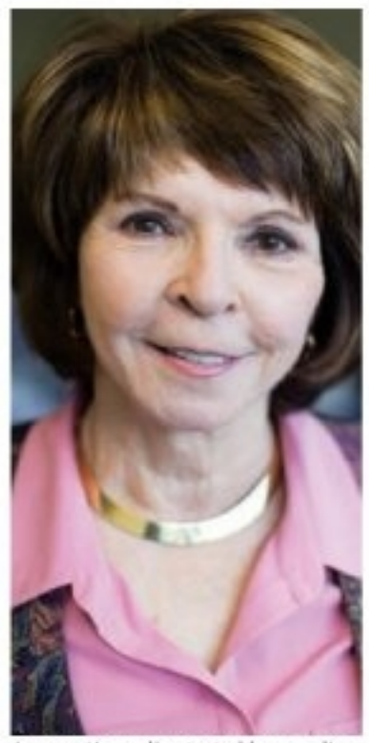
Harmelin spoke with Metro to discuss her storied career.

How did the company begin?

Harmelin Media started in 1982 in my den. At that time, there were only a couple of employees and a couple of accounts, but we saw the potential impact of the computer on the media business and invested in the technology. Technology would help us work faster and cheaper. We could make an impact and change the way media was handled throughout the region. We also initiated a high standard of customer service, which is part of our company philosophy to this day.

How did being in Philadelphia shape your advertising company?

Philadelphia is a big city with a small-town sense of community. Within a couple of years, we were volunteering our experience and expertise to several not-for-profit organizations in the city. The first one was the Juvenile Diabetes Association. We are still associated with and support them to this day. When you get involved with organizations like The Philadelphia Zoo, The Arden Theatre, The Arts and Business Council, The Police Athletic League and The Philadelphia Children's Alliance.



Joanne Harmelin started her media company in 1982. PROVIDED

Who are some notable clients you have worked with?

Our first client was Encore Books. David Schlesinger was an entrepreneur who hired us to work on his first venture. He then went on to launch Zany Brainy and Five Below. Each time he hired us to help with his media buying. Other early clients included the Ford Dealers Association (still a client), Sunoco, Tropicana Casino, US Healthcare and subsequently AETNA. We've also done a lot of retail including Today's Man, David's Bridal, Boscov (still a client) and Belk. Blue Diamond, Region's Bank and El Pollo Loco are among other major clients.

What are the keys to success in an ever-changing industry?

Change, evolution and moving at warp speed to keep pace with the rapidly changing digital landscape and hiring smart people.

Where are you located now and how large is your company?

Our primary headquarters are in Bala Cynwyd, but we have a satellite office in California, New York and soon to be Pittsburgh. We currently have 235 employees and are looking for additional superstars.

Do you work with influencers, linking them directly to clients?

When it is appropriate, we work with influencers but very carefully. Any negative publicity associated with an influencer can impact a brand. We are very protective of our client's brand and reputation.

What do you think about the social media boom in advertising?

It's phenomenal and it continues to grow. Clients are seeing real growth and response in this area. It changes daily and will continue to expand. We are experimenting with all kinds of social media and integrating it with traditional media to create multi-level marketing approaches.

What do you foresee in the next 35 years for Harmelin?

Well, first and foremost, growth. We continue to expand our services to meet client demand. We initiated an SEO discipline several months ago and it's thriving. Our clients are looking beyond media to engage us to solve other types of marketing problems for them. Our business intelligence unit works with clients to help interpret data and construct strategic solutions for all sorts of marketing problems beyond media. But one thing will never change: We remain committed to a high standard of excellence and customer service. It got us to where we are today and will never become obsolete.

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Philly's Outfest celebrates

In a sea of umbrellas, a group of Outfest attendees chanted, "I ain't no hollaback girl!" outside of Woody's bar in the Gaybor-hood. Despite scattered show-ers, Outfest held strong in its 27th celebration of coming out this past weekend. The event featured live performances from a variety of acts including drummers, drag queens and male dancers. Attendees were brought on stage as well to participate in interactive games for prizes, including a hula hoop competition. The event was held from 12 p.m. to 6 p.m. and was hosted by Philly Pride.

ALL PHOTOS KAITLYN MOORE

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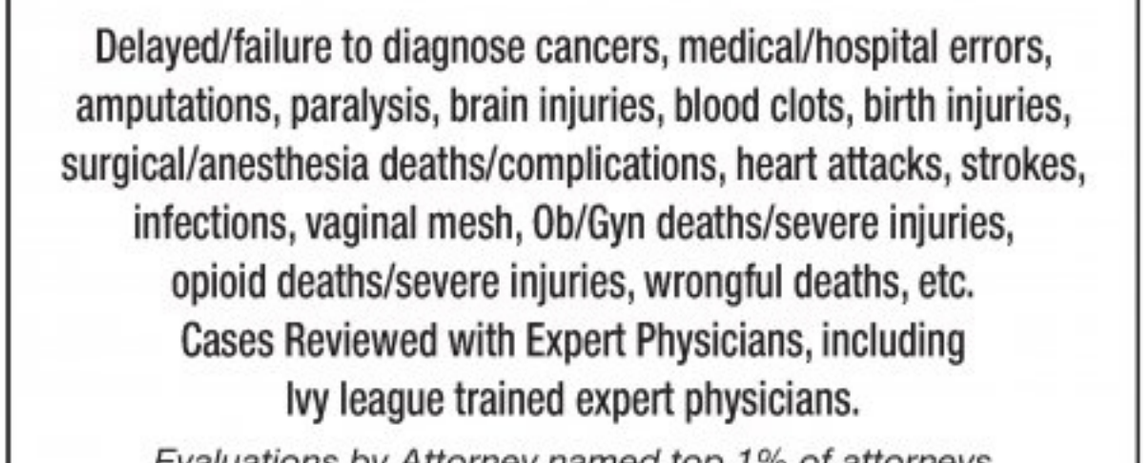

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ACCESS TO CAPITAL FOR PHILADELPHIA

A top concern for many rapidly growing companies is accessing the right capital at the right time to support their growth.

Pilot Freight Services, located in Lima, Pennsylvania, is a full-service global transportation company. Established in 1970, it has grown to over 75 locations worldwide that provide freight shipping services for businesses across the globe. It also happens to be one of over 3,500 middle market companies driving growth in Greater Philadelphia.

Our region's middle market — businesses with revenues between $10 million and $1 billion — are major contributors to growth in Greater Philadelphia's economy. They currently account for approximately one percent of our region's companies, yet contribute nearly a third of the total regional employment. They also have revenue growth estimated at 4.8 percentage points higher than the national middle market projection, but they will only achieve that if they receive the support needed from state and local governments, colleges and universities, and economic development organizations.

A top concern for many of these rapidly growing companies is accessing the right capital at the right time to support their growth. Overcoming issues around awareness of sources of capital and the process for raising capital is a primary hurdle many local middle market companies face. With over $2 billion in un-invested capital headquartered in Greater Philadelphia, the resources are available if companies know how to access them.

On Oct. 25, the Chamber will be hosting Funding Your Future: The Middle Market Capital Journey, where Pilot Freight Services' CEO Gordon Branov will discuss how the company's growth inspired them to take outside investment.

If you are interested in getting involved in our Middle Market Action Team, email me at rwonderling@chamberPHL.com.

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Kim Kardashian has body dysmorphia

the word

RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
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Kim Kardashian has heard whispers in the Hall of the Dead (aka Twitter — I'm talking about Twitter), shaming her for her body. And finally, she has a reply.

The 36-year-old admitted on Sunday night's episode of KUTWK that she suffers from body dysmorphia because y'all won't stop shaming her. I guess constant public scrutiny has its bad side, or whatever.

Discussing those pictures of her vacationing in Mexico, where her butt looks really fake, she explains, "You take pictures and if they're not perfect, people just body shame you and criticize you. For people to just think that's OK is so frustrating.

"I can't have fun after seeing those pics," she continues. "It's just wild, because there's other pics where I look so good and it's just from a different angle. It's like, literally giving me body dysmorphia. People think I'm so confident and I'm so secure and I'm not. I'm so insecure."

Oh, you sweet summer child.

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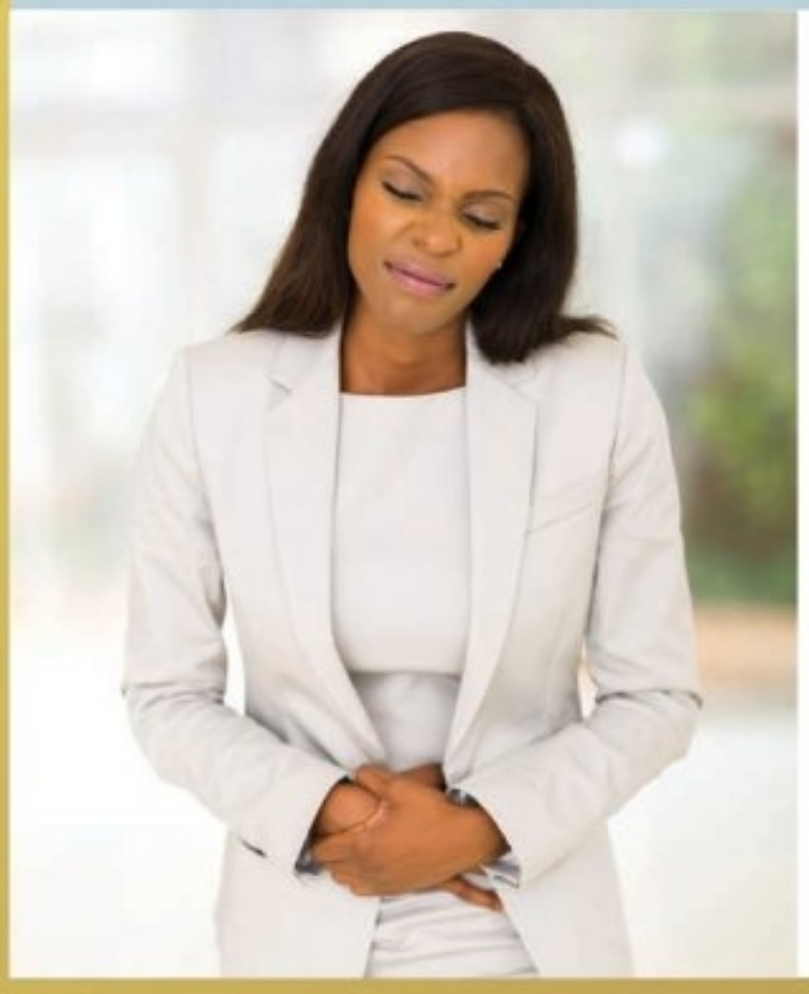

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Grant Gustin on making

Grant Gustin promises a lighter season this year, one that prioritizes both heart and humor. DEAN BUSCHER/THE CW

The actor behind Barry Allen on how the new season is bringing humor — and heart — back.

LUCÍA HERNÁNDEZ
@MWN
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"The Flash" is back and possibly better than ever. At least according to Grant Gustin. The Virginia native who plays the titular superhero — aka Barry Allen — promises this season will go back to a lighter note.

"Last year we moved away from humor and I think that will be the darkest thing that we will do with the show," he says. "We are going to have lots of fun and we'll return to comedy, especially as the season continues."

Barry is also more mature now, Gustin notes. "He'll continue to mature and work with his team and be less hard-headed," he says. "With Speed Force, Barry is controlling everything better. And mentally he's stronger."

Ahead of the CW series' season premiere — airing tonight at 8 p.m. — we chatted with the 27-year-old about the Flash's new suit, avoiding his own stunts and racing with fans.

Last season was darker. Could you feel that energy on set?
Sure. It's difficult every day for nine months and whatever you do you tend to take it home somehow. Because the content is so dark, as an actor, you live through your work. I had a lot of days of bad sleep last year.

How will that compare with this season? Can we expect more a mixture of action and humor?
Our writers have said from the beginning that "The Flash" is based on the three H's: heart, humor and heroism, in that order. This season definitely has the potential to be our best season, because we

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'The Flash' fun again

GETTY

Grant Gustin as Barry Allen and Candice Patton as Iris West. JACK ROWAND/THE CW

really stick to comedy without leaving the heart of things and the relationships. There will be a lot of Barry and Iris this season, there's a lot more to Barry and Joe this season, so we're going back to basics and having fun with the show.

And it doesn't hurt that the Flash has a new suit.
It's closer to what we've seen in the comics. He still doesn't have the yellow boots, but he has a yellow or goldish accent around the boot, they've also made the red brighter.

One thing that is funny is that, surely many fans will notice if they come to visit the set, the Flash emblem is just Velcro, and it moves all the time and falls then sometimes we have to stop or repeat a take because you can see the Velcro.

Do you do a lot of your own stunts?
Well, I try, you know, but they don't let me do anything dangerous. I've done some semi-fun stuff. During the first two [seasons], which were the most fun, I was allowed to wear the harness. There was a very cool pull that threw me on to the floor where I fell standing. It was a lot of fun to do, I got up about six feet off the floor, it was fun.

Do you find it difficult, then, to be a superhero?
For me, from the beginning of "The Flash" until now, it has always been about the work, preparing myself to do the very best I can and have fun. My life has definitely changed — being Flash for the last three years has kept me very busy. Now I live in Canada and talk to pretty people, most of the time and it's part of the job and it will continue.

So if some fans are in Canada, what's the best way to approach you? Do people usually crack a joke?
Yes, I've heard the same jokes many times. They're always speed jokes. [Laughs] People ask me to run with them and the truth is that, since the series began, I've only ran a competition with three people, two people from the staff and with a friend and I ran with them because I was sure that I would beat them.

You think they let you win just because you're the Flash?
Maybe, but I think I could have still won them anyway. [Laughs]

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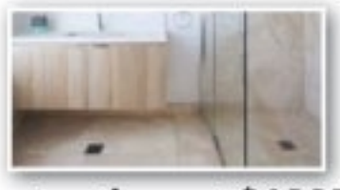

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String Theory Schools offer free

In exchange, students get to intern.

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In today's ever-changing world, how kids learn is getting a makeover thanks to institutions like String Theory Schools. Rather than passively sitting in class, reading books and listening to lectures, the organization is innovating education through making learning more hands-on. The launch of their newest program, Particle, teams up String Theory students with local companies for internships in exchange for work space.

"This is a new concept in education where a high school functions as a design shop for startups as they need help with things such as logos, branding, packaging and prototyping, web design, photography and video. Plus, there's a social media army of students to support their brands," says String Theory Schools' Cofounder and Chief Innovation Officer Jason Corosanite.

"It's an answer for what urban education can look like in growing a modern workforce, especially as Philadelphia competes for talent and jobs including its bid to host Amazon's second headquarters."

Through an application process, companies are considered for the program depending on their value to the community and market need. In addition to receiving work space and student talent, selected companies also get access to school facilities that include: a biotechnology lab, motion capture studio, engineering & robotics lab, a 200-seat theater, TV and broadcast production facilities, a YouTube kitchen studio and more.

Student Justin Baldwin works with Brian Gitlin of PHL Collective at Particle. ALL PHOTOS PROVIDED

Companies currently participating in Particle include: Minkee Blue, Coded by Kids/Coded by U, Stimulus, food stylist Lisa Jane Russel and PHL Collective. Handbag designer Sherill Mosee, runs Minkee Blue and loves Particle.

"It's been wonderful working with the students," she says. The level of talent they have is phenomenal and refreshing. When I reviewed their work, I was amazed at how few edits I needed."

So what's a typical day like for students involved with Particle? Eighteen-year-old Raven Burckhal-

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From left: students Raven Burckhalter and Kaitlyn Stone work in the Particle food lab/test kitchen.

ter is a senior at String Theory Schools, majoring in Violin and Musical Theater and participates in the Particle food lab/test kitchen, where students are launching their own monetized YouTube channel.

"I'm a double major in violin and musical theater," she says. "My typical day starts off with Environmental Science, then I have instrumental for my major then I come up here and cook and bake, and then I have lunch. After that,[tab]I go to my musical theater elective, Consumers Math and at the end of the day I have rehearsals for 'Hairspray' until 6 p.m."

On this particular day, students were working on a white miso gelato and miniature pumpkin pies that could easily compete with the city's top restaurants.

"I've never been to a school like this. Everyone who goes here really loves coming to school. It's changed my perspective on learning. It's really fun," Burckhalter adds.

And making learning fun certainly has its benefits. This year alone, 87 students from String Theory Schools have received close to $12 million in scholarships.

For more information on Particle and String Theory Schools, visit: stringtheoryschools.org.

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ISTOCK

Here's how to avoid an ACL injury

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When it comes to your health, you only want the most qualified specialists weighing in. Metro has you covered, teaming up with the world-renowned orthopaedic experts at the Rothman Institute to fill in the question marks.

With fall sports in full swing, it's prime time for ACL injuries. Getting the best treatment is key, which is where Dr. John Salvo comes in. Dr. Salvo, a renowned sports medicine expert, is one of the Rothman Institute's leading orthopedic surgeons. Metro tapped his expertise for some insider tips on preventing and treating an ACL injury.

What is an ACL injury and who does it affect?
The ACL is a ligament that also happens to be the main stabilizer in the knee for rotational activities; basically for stopping fast and rotating, which the majority of sports require. It's really a critical structure to provide stability to the knee for everyday life, recreational activities and certainly for pivoting sports like football, soccer, lacrosse, basketball, and anything else where you're planting and turning at speed.

So for obvious reasons, ACL injuries are very common in athletes. The tricky thing is that when the ACL's injured, it typically can't heal, so you're left lacking a critical stabilizing structure inside the knee. These days, there are well over 175,000 ACL reconstructions done annually in the U.S.

How does the actual injury usually happen?
The most common way it happens is actually through a non-contact injury where the person quickly tries to cut and change direction. When they plant their foot and turn, it's that rotational force that stresses the ACL. What we usually hear from patients is, "I was in a game, I planted, turned, felt a pop in my knee and went down."

What's the treatment and recovery like?
There are many factors we consider when somebody injures their ACL. Are they active? What kinds of things are they doing with regard to fitness and sports? Are there any other knee injuries at play? That all comes into our algorithm on how to treat these. But when somebody tears their ACL and they're an active person, they'll typically need it reconstructed so they can get back to their active, healthy lifestyle as soon as possible.

Are some athletes at higher risk than others? Female athletes are actually anywhere from two to almost nine times more likely to tear their ACLs as male athletes in the same sports. There are a lot of reasons for that. Females tend to have slightly smaller ACLs, as well as smaller notches inside the knee where the ACL lives. On top of that, the reaction times of their hamstring muscles, which is what protects the knees, are a nanosecond slower than a male. There are also some hormonal factors, which we don't fully understand. The good news is that while you can't control anatomy, you can control the mechanics of how you use the knee, which can greatly reduce the risk of an ACL injury.

What sets the Rothman Institute apart in terms of treatment?
Our specialists are all sports medicine doctors, so we're used to helping young, healthy people, from high school athletes to collegiate athletes to professional athletes to your recreational weekend warriors. We're also very cutting edge with our treatments and aggressive with our therapies. Our goal is to get you moving and on the road to recovery as quickly and safely as we can so that you can get back to the active lifestyle you love.

MARIANNE HAYES

CALM DOWN, EAGLES FANS? HELL NO, GET EXCITED!

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades. @realglenmacnow

This is where I'm supposed to urge you to calm down — to warn that it's a long NFL season, that the Eagles haven't yet beaten a quality opponent, that their flaws will be exposed as seasons turn from whatever Sunday's tropical swelter was to the cruelness of fall and winter.

But I'm not going there. At the risk of touching my finger to the hot stovetop one more time, I'll say: Get excited, Eagles fans. You've got a damned good team.

After five games, the Eagles have one of the NFL's elite offensive lines. The running game is clicking (4.5 yards per attempt), the wide receiver corps is deep and the tight end is on pace for 102 receptions.

Their special teams are again special, featuring kicker Jake Elliott and rediscovered punt returner Kenjon Barner. And while teams can pass against the Midnight Green, the defense ranks second in the NFL in stopping the run.

The Eagles 4-1 record has occurred largely without their top defensive player (Fletcher Cox), best cornerback (Ronald Darby), and two all-purpose backs (Darren Sproles and Wendell Smallwood). Some of the injured figure to return soon.

It's a rosy picture. Doug Pederson didn't try to temper hopes after Sunday's 34-7 crushing of Arizona. "Sky's the limit," the head coach said. Then he said it a little louder the second time. "They're starting to believe in each other. Sky's the limit."

Of course, each stat and spot on the depth chart falls behind the QB in importance. These days, everyone around the Eagles — from the GM to the guy nestled in far end-zone seats — grows giddy watching Carson Wentz evolve into one of the NFL's elite.

Sunday's storyline focused on his brilliance in converting third downs (he's at 71 percent for the season) and red-zone efficiency (scoring a TD 66 percent of the time). Wentz was a solid rookie last year. He's dazzling as a sophomore.

Wentz received a locker-room visit after Sunday's win from Donovan McNabb, this franchise's last real QB of consequence. Of course, it raises comparisons. Remember that it was McNabb's second season, 2000, when he lifted a team with a young, oft-criticized coach to an 11-5 record and a playoff run.

Can this year's Eagles do that? They've already come further, faster than anyone expected. The rest of the division is flawed. Indeed, there doesn't appear to be one great NFC team this year (blame that on the league's persistent numbing goal of parity, if you wish). And while injuries have bruised the Eagles, they've wiped out other supposed contenders.

I'd tell you this Thursday night is a test, but I expect the Eagles to lose to Carolina in one of those silly midweek games that put visiting teams at a huge disadvantage. RT Lane Johnson's apparent concussion is worrisome.

But if Johnson, Cox and others among the wounded start returning, don't dismiss the Eagles chances to make the post-season and even win a game or two. I'm not predicting the Lombardi Trophy will be touring Broad Street next February, but what you are watching is not a fluke. Allow yourself to enjoy it.

Zach Ertz is among the Eagles' most impressive contributors, leading all NFL tight ends in most categories. GETTY IMAGES

5 Ridiculous numbers to know about Eagles' Wentz

Slowly but surely, Eagles quarterback Carson Wentz is climbing rung after rung of the NFL's quarterback ladder.

With a top 10 quarterback rating, a 10-3 touchdown-interception ratio and a 4-1 record, Wentz is the driving force behind one of the league's best offenses.

In Week 5's dominating win over the Cardinals, he threw for his first four touchdown game and quieted nearly every doubter.

"He could have had five of them out there. It was a big game," Eagles wide receiver Torrey Smith, receiver of one of Wentz' touchdown bombs sunday, said. "Carson is a beast and he shows that he can make plays. Even on the touchdown to [Nelson Agholor], which was crazy, he was sliding off of guys, staying calm in the pocket, made a big time throw and Nelly obviously took care of business with the rest. That is what our team is capable of."

The expectations are high, and based off Wentz' numbers through five games, that's right where they should be.

Here's a look at five numbers to know about his season so far:

72.2

Percent of passes completed by Wentz on third down. He is a 65.6 percent and 50 percent passer on first and second downs respectively. He also threw six of his 10 touchdowns on third down.

152.2

Wentz' quarterback rating in first quarters, just shy of a perfect rating of 158.3. He has only thrown eight incomplete passes all season in the first.

12

Wentz is a perfect 12-for-12 on third or fourth and short. He is 9-for-9 through the air for 97 yards and has run the ball three times with all 12 plays going for first downs.

7.7

Wentz' 7.7 yards per pass attempt is 1.5 higher than last year, and good for ninth of all NFL quarterbacks thus far.

Carson Wentz is in the midst of a breakout season. GETTY IMAGES

3

Wentz threw touchdowns on three consecutive pass attempts in the first quarter against the Cardinals, the first NFL QB to do that in over a year (Ben Roethlisberger). EVAN MACY

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BILL DUBIEL

Bill Dubiel is a fantasy football expert and lead NFL columnist for Rotoballer.com.

For much more Fantasy Football advice visit: **metro.us/sports**

Marlon Mack could be a strategic pick up for fantasy players in need of running back help. GETTY IMAGES

FANTASY FOOTBALL: HIGH ON MACK, LEWIS

It was a brutal, ugly Week 5 in fantasy football for many teams, as top players across the NFL went down on both sides of the ball. Here's a look at two guys to target on waivers and a veteran quarterback to steer clear of.

Macking through

Frank Gore has been one of the most consistently productive backs of the last decade, but nobody can play forever. His days are numbered, and the heir apparent is clearly Marlon Mack. Mack is a dynamic, explosive runner who showed just how effective he can be in Week 5, putting up 91 yards and two touchdowns on just nine carries. Mack should be a top waiver add if he's available, as at worst he has earned himself a healthier portion of a timeshare in the Indianapolis backfield. He is limited in the passing game, but ultimately that's not what you're adding him for. When Andrew Luck returns, defenses will not be able to focus on stopping the run, and both Mack and Gore will have more room to maneuver.

Pickups of the week

Wayne Gallman, RB, Giants
The rookie looked great in Week 5, and Paul Perkins is clearly not the answer for the Giants.

Austin Seferian-Jenkins, TE, Jets
The big-bodied veteran hauled in six catches for a score last week, and looks to be a fixture in the offense moving forward.

Brandon Tate, WR, Bills
With Jordan Matthews and Charles Clay both injured, Tate saw his first action of the season and could be a flex play given the opportunity.

Lewis, by default

The Giants wide receiving corps was absolutely decimated by injuries in Week 5, the most notable of which was Odell Beckham, Jr. The Pro Bowl wideout is done for the season, and with Brandon Marshall, Sterling Shepard and Dwayne Harris all dealing with injuries of their own, Roger Lewis has suddenly vaulted up the depth chart. Lewis did catch a touchdown in Week 5, and in fantasy football, volume is king. In this case, Lewis will get volume simply from opportunity. He does have the hardest part of the Giants' schedule coming up, but that means Eli Manning will be forced to throw to keep up. Add Lewis for depth purposes, but don't expect fireworks of any kind.

Big Ben may not have it anymore

By his own admission, Ben Roethlisberger may be nearing the end of his professional career. Roethlisberger threw a career-high five interceptions in a game against the Jacksonville Jaguars, and produced a tragically low total of fantasy points given the fact that he attempted 55 passes. It's actually the fewest fantasy points by someone with that many attempts since 1950, so we're at failure of historic proportions. This all came at home too, where Roethlisberger has been famously terrific for most of his career. Unfortunately we have reached the point of no return–for now, Roethlisberger needs to stay on fantasy owners' benches, and nobody will judge you for dropping him outright.

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Villanova's defense is leading team in its push for playoffs

Despite losing to Temple, Villanova is probably the best football team in Philly.

JON MARKS
@MatroPhilly
sports@metro.us

If the Wildcats make it to the FCS football playoffs, it will be on the backs of the team's defense. GETTY IMAGES

The emergency starting quarterback was nowhere in sight in the interview room following Villanova's convincing 31-0 romp over Maine Saturday. Neither were any of the running backs or receivers.

That wasn't so much a reflection on them as it was a salute to the Wildcats' defense, which had come up with four interceptions and two fumbles.

It's typical of Nova's defense, which since winning a 38-35 opening game shootout over Lehigh has allowed just 44 points over the last five games. More impressive, the defense has given up only three touchdowns.

"We're just starting to understand the overall defensive scheme as a team," said first year coach Mark Ferrante, whose No. 12-ranked club improved to 4-2, 2-1 in the CAA, heading into next week's showdown at reigning FCS national champion James Madison. "The difference is we were just a step off of making some big plays in that game against Lehigh and now we're making those plays, getting to the ball and creating these turnovers."

The Black Bears, who came into play averaging 210 yards on the ground, managed just 8. Josh Mack, leading the FCS at 167.3 per clip, was held to just 22 yards on 18 carries.

"I think guys have figured out their roles a little bit," Keeling Hunter said. "We've had guys starting that hadn't played that many snaps together and since then I think we've worked out our chemistry and found our identity."

The defense has been forced to carry the load following a knee injury to quarterback Zack Bernarczyk that is expected to sideline him at least a few more weeks. But redshirt freshman Jack Schetelich has stepped in and kept the 'Cats engine purring, throwing a 20-yard touchdown pass to Todd Summers early, then adding a 12-yard score of his own to make it 28-0 in the third.

"This was his first true start and he couldn't have responded any better," said Ferrante, as Schetelich threw just eight times for 61 yards and that touchdown while running 14 times for minus-9 yards. "We told Jack going into it that he just has to manage the game. 'Don't go out there and try to make the big play or try and win the game for us, just execute the offense and execute the game plan.'"

Now it's onto Harrisonburg, Virginia, where Nova expects to be greeted by a raucous JMU crowd.

"I know, our guys are super resilient and super excited to go into that environment," predicted Ferrante. "They get behind they're team and there's going to be close to 30,000 people there. But our guys get excited to go in there when they see a lot of people and hear a lot of noise. They'll be ready to go."

Indeed, the 'Cats can't wait.

"As a player traditionally you want to play in the big moment," said Hunter, a sophomore from Franklin, Tennessee. "No one on our defense shies away from that. They want to show they can play on the biggest stage."

Because so far this season, Villanova's defense has been a show stopper.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **October 24, 2017** at **1PM** at the Safeguard Self Storage facility located at **3300 Frankford Avenue, Philadelphia, PA 19134.** The personal goods stored in the following space numbers by the following tenant(s):
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#3702 - Maureen Harrison, #3516 - Alferdo Huertas, #2518 - Ana Rivera, #4309 - Nitcy Zeno
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#1312-Melinda Casiano • #2410-Tracy Emilien • #1214-Tiyi Jackson #1404-Israel Martinez • #1230-Venus Montgomery • #2311-Quentin Rivers #3704-Veretta D Toney • #2427-Edwin Vega • #1103-James White Jr
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NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **October 24, 2017 @ 9:00AM** at the Safeguard Self Storage facility located at **1499 66th Avenue Philadelphia, PA 19126.** The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
 # 1117 Chelsea Middleton, # 1120 Perisha Boykin, # 1200 Shakira Smalls, # 1206 Diamond White, # 1214 Bernard Godwin, # 1221 Pamela Brown, # 1504 Yvette Johnson, # 2122 Frances Feinstein, # 2212 Sean David, # 2228 Lynette Clay, # 2329 Aaron Owens, # 2330 Lewis Tillman Sr, # 2404 Malikah Rodgers, # 3122 Shaun McKie, # 3202 Chinita Carpenter, # 3227 Felicia Wilson, # 3324 Felecia Petty
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

STORAGE KING USA SELF STORAGE
NOTICE OF PUBLIC AUCTION
Notice is hereby given that Storage King USA will sell the contents of the storage units listed below at a public auction to satisfy a lien placed on the contents (pursuant to 73 PS). The sales will take place on 10/20/2017. The sale will be conducted on StorageStuffBid, under the guidance of Christopher Ross (A0003857) on behalf on the facilities' management. Units will be available for viewing prior to the sale on StorageStuffBid. Contents will be sold for cash only to the highest bidder. A 12% buyer's premium will be charged and $100 (units larger than 150 sq ft will be more) cleaning deposit per unit. All sales are final. Seller reserves the right to withdraw the property at any time before the sale or to refuse any bids. The property to be sold is described as **"general household items"** unless otherwise noted. **Storage King USA at 3100 C St., Philadelphia PA 19134** will list storage units on the **website www.StorageStuffBid at 11 a.m. on 10/2017** or up to 7 days prior to this date.
Thomas Ham 1022, James Martin III 1058, Luz Sanchez 1061, Wanda Ellis-Beaver 1114, Francis Mawhinney 1120, Melvin Mcknight 1127, Alrica Faulk 1131, Katie Martin 1169, Daniel Perry 1195, Berethany Jackson 2014, Zaida Rodriguez 2039, Azzoneth Torres 2065, Craig Butts 2078, Michaela Hayes 2079, Samantha Ringwood 2108, Nafees J. Figueroa 2126, Michaela Hayes 2142, Richard Cruz-Garcia 3056, Rhonda Lancaster 3071, Roy Somers 3072, Annette Vazquez 3097, Jamie Hensley 3240.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **October 24th 2017 @ 2:00PM** at the Safeguard Self Storage facility located at **6371 Keystone Street Phila, PA 19135.** The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
 # 0105 Michael Heller, # 1107 Shawn Brooks, # 1322 Ana Ongay, # 1337 Michael Smith, # 1613 Sinead Cawley, # 2106 A Taste of Soul, # 2106 Nicole D. Mackey, # 2318 Joan Als, # 2329 Lakeesha Pryor, # 2407 Chamaryl Camacho
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **Oct. 24, 2017 @ 10:00AM** at the Safeguard Self Storage facility located at **6224 Germantown Ave Phila. PA 19144.** The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
#0114 - William Davis Jr.; #0321 - Jamila Muhammad; #0425 - Brianna Brewer; #1131 - Gregory Thompson; #2134 - Regine Williams; #2216 - Danielle Reed; #2320 - Ava Carter; #2406 - Orishafemi Swint; #3304 - Wayne Faucett
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#2704-Kevin Harrison, #2631-Salvatore Iannitto, #3210-Megan Mills, #2706-Doris Cain
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NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY
Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **10/24/17** at **11AM** at the Safeguard Self Storage facility located at **1221 N Broad Street, Philadelphia PA 19122.** The personal goods stored in the following space numbers by the following tenant(s):
safeguard self storage
Olivia Johnson 2232, Donnell Ponton A4108, Anthony Ross 1302, Sharifa Bradley 3303, Carla Hands 0102, Nah-fessa Rambert 2415, Sharnell Johnson 4318, Dwight Benina A4606, Mark House 3115, Tamika Corbin 3118, Doretha Thorpe 0332
Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

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Luis Ortiz C240 · Eddie Olivares R601
Jasmine Wyeoka Moore O314 · Kariem Young R648
Abraham Sierra E409 · Cathy Garrot-Davis S104
Brandon Sheppard M109 · Anthony Marshall S159
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Pursuant to the Land Recycling and Environmental Remediation Standards Act, the Act of May 19, 1995, P.L. #4, No. 2 (Act 2), notice is hereby given that the Provco Group (Remediator) is submitting a Remedial Investigation Report/Cleanup Plan/ Final Report to the Pennsylvania Department of Environmental Protection, Southeastern Regional Office, for the property known as Aramingo Avenue and Wheatsheaf Lane, in the City of Philadelphia, Pennsylvania (Site), for a release associated with historic use of the property as a former pipe manufacturing and storage yard. The site has been developed with commercial buildings. Some volatile organic compounds and lead were detected in soil; and some volatile organic compounds, lead and some semi-volatile organic compounds were detected in groundwater at the site. Remediation will include pathway elimination using Site Specific Standards for impacted soil, and demonstration of attainment of Residential Statewide Health or Site-Specific Standards for groundwater. Questions and comments should be submitted to the Department of Environmental Protection, Southeast Regional Office, Land Recycling/Cleanup Division, 2 East Main Street, Norristown, Pennsylvania 19401.

CHANGE OF NAME NOTICE

Court of Common Pleas for the County of Philadelphia, June term, 2017, No. D17068494.

Notice is hereby given that on June 20, 2017, the petition of Jakarea T. Badgett was filed, praying for a decree to change Jakai Larnell Whitehead-Simmons to Jakai Jalen Badgett.

The Court has fixed courtdate, November 6, 2017, at 9AM, in Room No. 6B, 1501 Arch St., Philadelphia, PA for hearing. All persons interested may appear and show cause, if any they have, why the prayer of the said petition should not be granted.

Mariana Bracetti
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67 Gash
68 Spanish girl
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2 City near Syracuse
3 Carved pole
4 Female deer
5 Flakes
6 Charming one
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10 Sir Walter Scott novel
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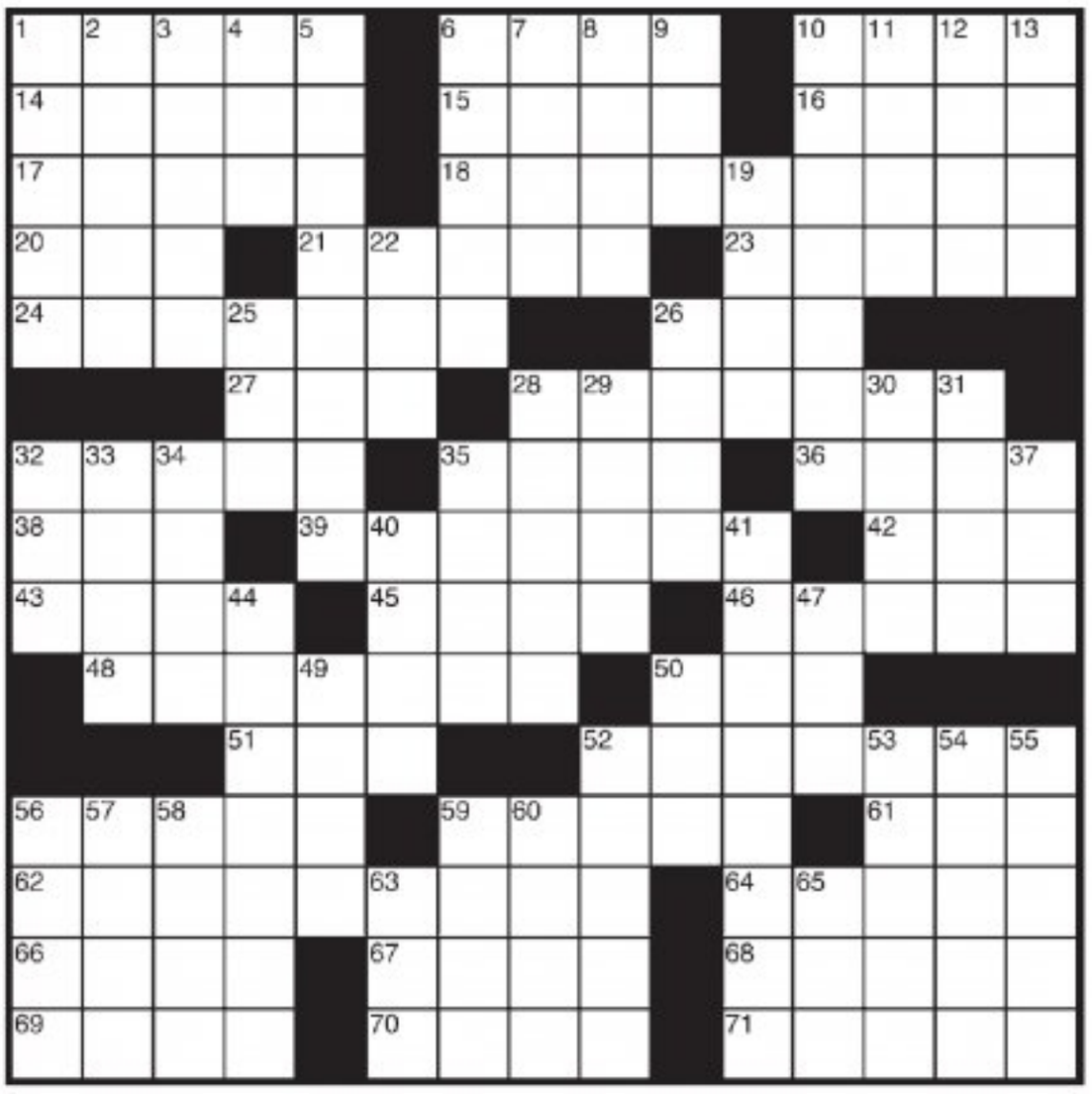

metro.us/sudoku

easy

					8		3	7
9		4		3		1		8
		3		2			4	
			9			5		2
			2	8	3			
1		2			4			
	7			9		2		
2		5		6		7		4
4	1		3					

hard

		8			4			3
	4			7	8		9	
			2			8		
				9	1	6		
3	5	4		8		1	7	9
		1	7	3				
		3			9			
	1		8	6			4	
4			1			3		

metro.us/horoscopes

Aries It's time to make a change. Do your research, plan your strategy and take action. Making a move or updating your technological knowledge is featured.

Taurus An emotional incident from the past will resurface. Don't let the changes that others make get to you. Carry on and take care of business as usual. Time is on your side.

Gemini Lay down the foundation for the changes you want to bring about. Staying in control will help you maintain a sense of accomplishment and satisfaction.

Cancer Look at the big picture and consider what you can do to counter any personal affront you are feeling. Emotional matters can escalate quickly.

Leo Host an event for a cause you believe in or volunteer your time, services or skills so that you can make a difference. Your generosity will encourage others to take part.

Virgo A partnership will be on shaky ground if one or both parties is not up-front about expectations, goals and feelings. Don't make demands.

Libra Set up interviews and business meetings or attend a seminar or conference. The input you receive will help you make an important decision regarding your future.

Scorpio Take care of personal matters secretively. Use your insight and discipline to make wise money moves. Avoid joint financial ventures that seem dodgy.

Sagittarius Put greater emphasis and more energy into getting ahead and keeping the peace by using your intelligence and incorporating good ideas into your everyday routine.

Capricorn Upgrade your qualifications to suit the changing job market. Learning something new is never a waste of time. Having a backup plan is in your best interest.

Aquarius Your ingenuity, experimental attitude and ability to make things happen will lead you to victory. A financial gain is apparent.

Pisces Problems will lead to arguments. Don't jeopardize your personal life by getting caught in a fib. Emotional deception will lead to resentment. EUGENIA LAST

Yesterday's answers

A	C	T	S	■	H	A	I	K	U	■	U	T	A	H
L	O	O	P	■	E	L	G	I	N	■	G	A	L	A
P	O	O	H	■	C	L	O	D	S	■	L	I	O	N
S	P	L	I	N	T	E	R	■	E	X	I	L	E	■
■	■	■	N	O	O	N	■	K	E	E	N	■	■	■
E	L	I	X	I	R	■	W	I	N	N	E	R	S	■
A	I	D	■	R	E	B	E	L	■	A	S	H	E	N
S	L	A	T	■	D	E	I	T	Y	■	S	I	N	E
T	A	H	O	E	■	A	R	S	O	N	■	N	O	W
■	C	O	M	M	A	N	D	■	S	A	V	E	R	S
■	■	■	A	I	M	S	■	L	E	V	I	■	■	■
N	E	H	R	U	■	G	A	M	E	S	H	O	W	■
F	O	R	A	■	S	A	U	D	I	■	T	I	M	E
A	V	O	W	■	E	G	R	E	T	■	A	N	N	A
T	A	S	K	■	D	O	U	S	E	■	S	T	I	R

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